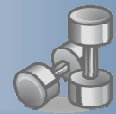




# Adorni Fitness Center



## ZUMBA AT THE ADORNI!



Jessica Elgin Photography

### NEW CLASSES COMING SOON!

**R.I.P.P.E.D.** is a total body, high intensity style program that utilizes free weights, resistance & body weight. Participants jam through with smiles, determination & strength. No boredom here! **R.I.P.P.E.D.** is for all levels. It's tough yet doable & will absolutely challenge your levels of fitness & endurance!

### NEW YOGA CLASS

**Yoga for Self-Healing** will help participants attain peace of mind & stronger mental/physical bodies & spirit. This Hatha style yoga class explores of the depth of each position & the practice of breath exercises with an energetic & upbeat perspective.



## WORKOUT ON THE WATERFRONT!

## ATTAIN & SUSTAIN YOUR FITNESS GOALS TODAY!



**Heather**  
Personal Trainer



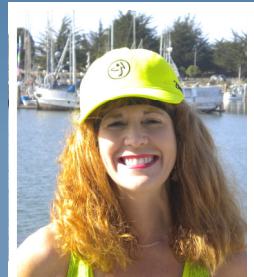
**Kayleigh**  
Yoga/Fitness

Make your move with our Fitness Instructor Team made up of friendly & effective professionals! The entire staff have both the experience & knowledge to help you reach your health & fitness goals.

*Ask about our Youth, Senior & Disability Discounts!*



**Lorna**  
Yoga/Fitness



**Michaelae**  
Zumba® Fitness



**Bonnie**  
Fitness



**Jordi**  
Zumba® Fitness



**Greg**  
Zumba® Fitness



**Cat**  
Fitness



**Jennifer**  
Yoga/Fitness